






CHURCH SERVICES

Holy Communion unless marked . M=Matins E=Evensong

FEBRUARY	Candlemas 3rd	Lent 1 10th	Lent 2 17th	Lent 3 24th
ALBY		3.30 E	--	--
ALDBOROUGH		11.00	11.00 Family Service	11.00
CALTHORPE	10.00 Group Service	9.30	--	9.30
ERPINGHAM		8.00	9.30	8.00
INGWORTH		9.30	11.15 M	3.30 E
THWAITE		--	6.30	9.30 M

WEEKDAY SERVICES

Wednesdays 9.15 at Ingworth

ASH WEDNESDAY – 6th February, also 7.30pm at Calthorpe

Thursdays 7.30pm at Calthorpe (14th Benediction)
at Erpingham (21st HC, 28th Benediction)

Fridays 15th 9.15 at Aldborough

FROM THE RECTOR



During the coming weeks and months, the churches of this benefice will be taking part in a Diocesan initiative entitled 'Committed to

Growth' – growth in discipleship, service and numbers. Starting with God, how do we look outwards in ways that witness to the kingdom yet engage with the world?

For some this will mean a renewed focus on authentic worship; for others a listening to the needs of our society in a changing world; and for others opportunities of enabling and training new forms of leadership as we seek to find fresh ways of being church.

This initiative does not seek to do the impossible, but rather challenges those who call themselves Christian in the things which would enrich us.

Fr Brian



**FOCUS DAY for ALL PCC MEMBERS
SATURDAY 1st MARCH
10.30 – 2.30
in ALDBOROUGH CHURCH ROOM
(lunch included)**

GROUP SERVICE for CANDLEMAS

Sunday 3rd February, 10.00, at Calthorpe Church

There will be no other act of worship in our six parish churches on this day. This festival celebrates the Presentation of Christ in the Temple by his parents, according to the Jewish custom. (Luke 2, vv. 22-40)

'One last look at Christmas, and now, turn towards the cross!'

ASH WEDNESDAY – the beginning of Lent, this year on 6th February.

Holy Communion 9.15am at Ingworth and 7.30pm at Calthorpe
(a good way to begin Lent)

SHROVE TUESDAY – the day before. As this goes to press, it's been raining for hours if not days, the roads round the Green are flooded and the ground is sodden, but the perpetual optimists among us are still hoping to have **pancake races** outside the Church Room after school on **5th February**, followed by a pancake tea (fresh pancakes!!). Watch out for notices and if in doubt ring 01263 768681 (Anne) or 768063 (Ruth). (Don't forget to bring your own pan!)

PARISH SHARE

Last year's Parish share, the funds paid to the Diocese by the six parish churches of this benefice, totalled **£37,208**. This is an amazing figure considering that the monies raised come for the most part from the committed giving of regular churchgoers.

Very many thanks for your support and generosity.

Fr Brian

CPAK (10 - 14s Group) will be at the Horstead Centre for the weekend of 22 –24 February.

CHRISTIAN FELLOWSHIP – OPEN AFTERNOON
Tuesday 26 February at 2.30 pm in the Church Room Aldborough
'BUTLINS AND CHRISTIANITY'

Yes, that's right. The title of our talk this month does have the unusual linking of 'Butlins', as in holiday camps, and 'Christianity'. Who could make such a linkage? Well, none other than our friend from Matlaske, Rev. Philip Butcher. Remember last year he put the case for Judas Iscariot, 'Was he really all that bad?' Do come and join us for what will undoubtedly be a humorous slant on our Christian faith.

ALDBOROUGH & THURGARTON WOMEN'S INSTITUTE

Meeting on **Wednesday 20th February at 2.30** in the Church Room.

Speaker: **Mrs Inge O'Toole, 'My life in Bavaria'**



ALDBOROUGH GARDEN CLUB

All are welcome to the next meeting, on **Thursday 21st February**, at **7.30** in the Church Room.

Speaker: **Mrs P. Harper** Subject: **Allotment gardening**

ALDBOROUGH PARISH COUNCIL

The January meeting was cancelled because of sickness.

The next meeting will be on **Monday 4th February at 7.30** in the Community Centre.

THE BOTTLE BANK

There are those who do
And those you don't
There are those who will
And those who won't ...but....
When banking your bottles please take care
And don't leave surplus ones lying there.

(Anon)

Together with a passerby (who said it was not the first time he had done this) we spent 15 minutes tidying up the boxes of bottles and broken glass left beside the bins just after Christmas. It is so inconsiderate, dangerous and an eyesore. It may be frustrating to find the bins are full when you arrive but please reconsider your actions and the consequences next time you are faced with this situation. You may find that by going around to the back of the bins and using the other slot that there is still some space inside

(An Aldborough resident.)

The Aldborough Players

present their fifteenth pantomime

'The King's New Clothes'

at Aldborough Community Centre

**on Wednesday 30th January, Thursday 31st January, Friday 1st February
and Saturday 2nd February 2008. Performances start at 7.30pm.**

Ticket prices are £4.00 for Wednesday and Thursday, £5.00 for Friday
and £6.00 for Saturday. Children up to 16 are £2.00 for all performances.

Tickets are on sale in the Spar and Post Office and selling rapidly!

ALDBOROUGH COMMUNITY CENTRE

SATURDAY 1st March is when the **UGLY DOG BAND** will be playing - an enjoyable evening guaranteed! Make a note of it now!

Tickets will be **£4** available from Spar, the Post Office or a committee member.

Advance notice : There will be a **Quiz Night** on **Friday 18th April**. £3 a head - supper included.

COMMUNITY WHEELIE BIN

NNDC have supplied a large wheelie bin which is available for all residents of the village to use. It is situated beside the commercial bin outside the Community Centre. Please make use of it **BUT IT MUST ONLY BE USED FOR ITEMS WHICH GO IN THE DOMESTIC GREEN RECYCLING BINS**. So please do not use it for dumping any old rubbish and *please* do not leave items beside it if it is full.

ALDBOROUGH VILLAGE FETE AND PICNIC

Sunday 29th June from 12 noon

The Community Centre Committee will be arranging the above event - with the help of those with previous experience, we hope! There will be a **meeting** at the Centre on **Wednesday, 13th February** at **7.30**, when ideas, jobs, etc can be discussed. Please come along with **your** ideas. Any profit from the event will help the Community Centre building fund. Contact phone 768280.

ALDBOROUGH CHURCH ROOM

Bookings should be made with Anne Bettany, 01263 768063.

Please make sure to read the conditions of hire that you will be given. It's not the committee being fussy - there are fire regulations about numbers of people permitted, and the licensing laws are not as they were the last time you may have booked the hall a few years ago. The Church Room does not have a premises licence. Licensing doesn't just include alcohol but also entertainment, especially music, and even the simple matter of serving a cup of tea if it might be after 11.00pm.

ALDBOROUGH TWINNING ASSOCIATION

Anyone who has driven along French country roads will be aware of the wayside crosses and calvaries, some ancient, some very recent, some simple wooden ones, some intricately carved or sculpted in stone, often at crossroads.

Ghislaine, of Villiers Saint Denis, has recently sent a beautifully produced book of photographs of the calvaries in the departement of l'Aisne. If anyone would like to see it, please ask Ruth, 768063.



CREATIVE CRAFT WORKSHOPS
DECOUPAGE
SATURDAY 23rd FEBRUARY 10AM - 4PM
THE CHURCH ROOM, ALDBOROUGH

Spend a day discovering how a few simple materials -paper, glue, & scissors - will enable you to create stylish, personalized accessories for your home.
£35 to include morning coffee, buffet lunch & all materials.

PLEASE CONTACT ELENA BEIMBORN 01263 768887

CONGRATULATIONS! and all good wishes to Elsie Davison on her 90th birthday. What a party in the Church Room! It was lovely to see Elsie enjoying every minute of it.

ALDBOROUGH SURGERY

Influenza vaccinations are available if anyone would like to have one. Ring 761435.

Nutritional Medicine at Aldborough Surgery

From February, Glen Matten, Nutritional Therapist, will be launching a nutrition clinic at Aldborough Surgery. By offering expert nutritional advice on site his overall aim is to make a nutritional medicine approach much more accessible to people than it currently is.

With overwhelming evidence of the importance of a healthy diet to many aspects of our health, Glen will be focusing on offering detailed nutritional advice on areas such as obesity and weight management, type II diabetes, high cholesterol levels and eating for a healthy heart, osteoporosis and bone health, arthritis, nutrition for cancer prevention, IBS (Irritable Bowel Syndrome) and digestive problems, food allergy and food intolerance advice, and the nutritional management of ADHS (Attention Deficit Hyperactivity Disorder).

Glen graduated from the Institute for Optimum Nutrition in 2001 and holds clinics in Norwich and London. He teaches and lectures at a number of colleges and universities and runs popular short courses for the general public. He has fast become the face of nutrition for a number of TV series including UKTV Food's *Great Food Live* and *Food Uncut*, Sky One's *Taste* and Channel 5's *The Wright Stuff*. He is a regular sofa guest on *BBC Radio Norfolk*, writes regularly for numerous newspapers and magazines, and is currently studying for an MSc in Nutritional Medicine at the University of Surrey.

Appointments with Glen are for 1 hour and cost £25. For more information or to book an appointment please telephone 01603 890439 or email glen@realnutrition.co.uk.

ERPINGHAM VILLAGE HALL

Playing field Perimeter Pickup!

We need to clear the area below the hedges so that they can be cut before the birds start nesting.

Volunteers needed to join members of the committee at **10a.m. on Tuesday 12th February.**

Meet at the hall equipped with gardening gloves.

200 CLUB - recent results

	£150		£100		£50
77	J.Postle	78	M.Denniss	50	E.Harden
	£10				£5
19	S.Inglis	166	D.J.Nichols		
63	I.Saggers	130	J.W.Alston		
162	J.Peters	72	J.Hodgson		
182	D.Knight	6	Mrs Anita Sharpe		

THE MOBILE GYM

will be at Erpingham Village Hall on **Thursdays**, Tai Chi **10.15-11.00** (in thehall), **10.00-1.00** Gym

THWAITE COMMON TOAD PATROL !

Every year on warm wet nights in early Spring hundreds of toads migrate to the common in order to mate and spawn. And every year, in spite of warning notices, many get squashed by cars as they try to cross the road. *We are proposing to organise a Toad Patrol.* As soon as the first toads appear (probably late February), volunteers will be contacted by 'phone at short notice to meet at a pre-arranged rendezvous. Then equipped with reflective clothing, buckets, torches, boots and gloves we shall gather up the toads and move them across the road to safety.

If you interested, contact Stephen Burrell, 768209, or John Snape, 768599.

ERPINGHAM with CALTHORPE WOMEN'S INSTITUTE



A special day for a special event: **Friday 29th February**, the **Annual Dinner.**

For information contact a Committee member.

ERPINGHAM with CALTHORPE PARISH COUNCIL

Early last year a '**Welcome leaflet**' was sent to all houses in the villages and the Parish Council would like to be sure that the information now being given to newcomers is still accurate. If you know of any of the information contained in it which is now out of date or have further information which you would like included in an 'up-date' please send the new information to the Chairman of the Parish Council, David Clayton, Oak Cottage, The Street, Erpingham (tel 768233)

Items from the January meeting of the Parish Council

Matters arising The Clerk had been advised that an 'electric' fence should be removed and that a hedge should be cut back; the Clerk would follow up with Norfolk County Council about the Village hall gulleys and the Eagle Road speed signs. The Council discussed a replacement site for the litter bin but were content that the existing location should be up-dated as envisaged by North Norfolk District Council. The Clerk had contacted NNDC and a joint meeting with them about the Surveyor's allotment No. 2 would take place shortly.

Planning Four applications had been permitted and the Council reviewed the issue of the footway near the Spreadeagle and agreed to close the matter. No further information was available on the affordable housing (Erpingham exception scheme); the Council awaited advice from NNDC.

Finance The Clerk had been advised that the Council should retain the Griffon grant monies until the Allotment No 2 issue became clearer; the Council decided to donate £40 to the North Walsham Citizens Advice Bureau, and approved payment of 50% of the Society of Local Council Clerks annual subscription. The Council confirmed the new rate for clerk's pay from 01.04.07.

Notified Council business The Clerk was asked to place a notice in 'Keeping in Touch' requesting up-dated local information for the *Welcome leaflet*, collate any new information and prepare an up-date sheet for distribution with 'Keeping in Touch' and inclusion in remaining stocks of the leaflets. Any reprint would be considered at a later stage. The council heard that a supportive landowner had indicated the availability of a 20m wide strip of land to accommodate the Erpingham sports arena (M.U.G.A.) and that the next stage would be to obtain planning permission, required in a Conservation Area.

Reports The Clerk was asked to follow up the repair of the Spreadeagle notice board; and in 'open session' the Council heard about future Village Hall events including that volunteers were most welcome to help with the litter pick on the playing field on 12.02.08. Keith Skipper would be part of the 'Press Gang' on 19.04.08 at the Village Hall. The Village Hall had balanced its books in 2007, the outside lighting was to be improved and some vandalism had taken place.

The **Council heard from a resident** who stated that he owned the land which NNDC had advised the Council was Surveyor's Allotment No.2, that he would oppose the waste bin refurbishment by NNDC and that he had asked BT to remove the telephone box.

ALBY WITH THWAITE PARISH COUNCIL

The next meeting of the Council will be on **Wednesday 20th February**.

INGWORTH PARISH COUNCIL

The next meeting of the Council will be on **Tuesday 17th March**.

Please note that this is a revised revised date.

CITIZEN'S ADVICE BUREAU

has a monthly session in Aldborough Community Centre

The next will be on Monday **18th February, 1.00-4.00**

Open to residents of all local villages.

Ring 01692 405847 for an appointment

THWAITE COMMON - Update

Another year has gone by and there is still no sign of fencing on Thwaite Common. (Fencing is planned to allow the re-introduction of grazing, which is seen as the best conservation tool.) The management committee has not been idle all this time, so here is a quick update of where we are.

Firstly, we have been waiting for a change in the law with regard to the application process for works on common land (works includes fencing, drainage and so on). Until October 2007, commons managed by local councils under a Scheme of Regulation (basically by laws allowing the council to care for the common) were not part of the normal process for application – so even when we tried to apply for fencing permission, we were told that we were not allowed to! Now that law has changed, we want to put together a fencing application for part of the common a.s.a.p.

Secondly, the other change in the law that came into effect in October was the ability to graze animals in temporary enclosures without requiring permission from the Secretary of State; it was not clear what form this change was going to take until DEFRA drew up the guidelines in October, however, it appears that the only part of this that applies to Thwaite is the right for right holders to use temporary fencing on small portions of the common to exercise their common rights. This is not much use for the large, wet areas of the

western common, but we have been talking with the right holders about how they might wish to carry this out on other sections of the common and what grazing would be best for wildlife. The new law only allows for very small paddocks that have to be moved every month, so this will not mean fences all over the common.

The next step was to draw up a plan for fencing the western portion of the common. This was discussed with representatives of the parish council and the right holders in December and was subsequently modified. We need to give equal weight to access for walkers, landscape and nature conservation, as well as making sure all the needs of the animals and their owners are met. **The management committee hope to hold a public meeting in February (details to be confirmed)** to present the fencing plan to parishioners and then we can proceed with the application. In brief, the aims of grazing will be to restore the western portion of the common for public access, nature conservation and to enhance the landscape; we are not proposing a fence for the whole common, only for the western part, where the wet ground means that cutting and electric fencing are not practical. There is still a long way to go and a lot to consider, but hopefully we are on the way now! Helen Baczkowska, Conservation Officer, Norfolk Wildlife Trust

The Thwaite Common Management Committee is composed of NWT, North Norfolk District Council and Norfolk County Council.

Make a Date with Wildlife

This year sees the 300th anniversary of the birth of Robert Marsham – a Norfolk man who is recognised as being the ‘Father of Phenology’. What exactly is phenology? It is the study of the timing of natural seasonal events, such as the first cuckoo call or the arrival of the first swallow. Join in Norfolk Wildlife Trust’s phenology survey by **keeping your eyes peeled for five indicators of spring**. Let us know when you see the first swallow, the first clump of frog spawn, the first fully opened oak leaf, the first fully opened hawthorn flower and the first orange tip butterfly. You can look for as many or as few indicators as you like – but remember, every record counts!

Over the last few years phenology has been brought to the forefront in TV programmes such as BBC Springwatch. Phenology is now seen as an important tool in monitoring the impact of climate change on wildlife. Norfolk Wildlife Trust recognises that climate change is probably the biggest threat facing wildlife globally today. Your records will be added to data collected across the UK to help assess how climate change is affecting our wildlife.

The survey runs from February to the end of May. For further information visit www.norfolkwildlifetrust.org.uk/naturalconnections or telephone 01603 598 333 for a free survey leaflet.

Did You Know THE COMMUNITY CENTRE AT BLICKLING is alive and well, and available for hire? Originally the 'Rural Community Association at Blickling' was so named because it provided a central venue for Ingworth, Itteringham, Blickling and Oulton.

The Community Centre has been running for nearly 25 years, in the Old School, situated in pleasant surroundings close to Blickling Hall, the Bucks Arms pub and the farm shop Samphire.

Regular groups meet there, such as Scottish Country Dancing, a Pre-School Music Group, Pilates Matwork exercise class, Ballet, and Traditional Basket making. The Centre is suitable for small group events (50 people maximum), but with a restriction of **NO** amplified music. It costs £7.50/hr to book: please contact Jessica Perry on 01263 735013 for more details.

The group that manages the Centre now meets every 2 months (next meeting is on **Thursday Jan 31st at 7.30pm** at the Community Centre). Volunteers for help and support are always welcome, and does not mean endless committee meetings! Please ring Jess for information.

AYLSHAM COUNTRYSIDERS MEET:

- Fortnightly on Thursdays 7 - 8.30pm
- At Aldborough Community Centre (unless otherwise stated)
- For 10 to 16 year olds
- £2 per meeting
- New members first 2 meetings FREE!!

For more information contact

Moira Harrison

Countrysiders Development Officer

01603 759756

YFC Office

01603 731307

Or visit www.norfolkyfc.org

Countrysiders are the junior branch of the Norfolk Young Farmers. They have another exciting programme of events coming up - from swimming to stock judging, a digital photography night, bowling and a visit to Mrs Temple's Cheeses. If all this sounds like something that you or someone you know will enjoy, call Moira at the Young Farmers' office on 01603 731307 for more information. We look forward to your call!

THURSDAY 31ST JANUARY

An amazing

DIGITAL NIGHT!?!

Don't miss it!!

This will be at the Church Room
on Aldborough Green



THURSDAY 28TH FEBRUARY

We're going

BOWLING!

@ Strikes North Walsham

Minibus leaves at 6.20pm

Back about 8.45 £5 pls



THURSDAY 14TH FEBRUARY

No meeting - $\frac{1}{2}$ term

BASKETBALL SESSIONS WITH COACHING

AYLSHAM HIGH SCHOOL COMMUNITY SPORTS HALL

for members of Aylsham and the Surrounding Community (age 13+). The sessions are provided at a subsidised cost via Big Lottery funding for the whole community to enjoy.

G.I.F.T. (Good Intentions Fundraising Team)

This years chosen charities are: Aldborough Surgery, Motor Neurone Disease (North Norfolk), North Norfolk Radio "Families First" and The Grand Order of Water Rats.

Quiz Sheets are now available at £1 each from Committee Members, John Filby, Yvonne Tiffany, or by ringing 01263 768076. **Cash prize for the winner. Closing date for all entries 28th February 2008.**

**QUIZ NIGHT with buffet - Thursday 6th March 7.30pm
in Aldborough Church Room.
To book your team of 4 or more please ring 01263 768076.
£5 per person to include buffet.
Come and support the local charities and enjoy a great night out.**

Dates for diaries:

NORFOLK NIGHT – Auden Theatre, Holt, **Saturday 3rd May**, 7.30 p.m Tickets will be £5 ea.

DINNER DANCE - The Links Country Park Hotel, West Runton, **Saturday 17th May**, 7.30 for 8.00pm
.Tickets will be £25 ea.

HOG ROAST at Manor Farm, Aldborough (by kind permission of Mr & Mrs Hammond). **Sunday 13th July**, 12.30pm. This is a very popular event, so early booking would be advisable as tickets will be limited. Tickets will be £10 ea. to include Hog Roast, large selection of salads, new potatoes, strawberries, meringues and shortbreads, a glass of wine. (Very good value for money)

ANNUAL VARIETY SHOW – Auden Theatre, Holt - **Sunday 21st September**

This will be the 8th Variety Show held at the Auden Theatre, which is supported by The Grand Order of Water Rats. Tickets will be £15, or £12.50 for concessions, or parties of 6 or more £10 ea.

AYLSHAM MUSIC presents a lunchtime concert

In **St Michael's Church** at **1.00pm** on **Thursday 21 February**
£6, children free Refreshments available for £3 from 12.15

Danny Evans, piano, with a programme of **Scarlatti, Saint-Saens, Liszt**



giftaid it

“Many retired people neglect to fill in Gift Aid declarations on the assumption that they do not pay tax when in reality they are taxed on bank interest or dividends. Because what they pay is not income tax, they falsely assume that they are ineligible to make the declaration.”

From the Charities Commission website.

If you are a taxpayer and give to any charity, including churches, please take advantage of the government's scheme to pay to the charity *the tax you have already paid*. It will not cost you any more. Church Treasurers have the necessary forms and envelopes.

“finding sanctuary”

One of the surprises of the TV schedules last year was the popularity of the series ‘The Monastery’. Abbot Christopher Jamison later published this calm, wise, essentially practical book for those who lead hectic, modern, unmonastic lives. To quote the blurb, ‘he speaks especially to those who are not sure what they believe but are looking for ways to find spiritual space and peace in the busy and often confusing modern world.’ It's available as hardback for £10, paperback £6.99, 4CDs for £14.99 (unabridged, 3hrs50 play time), or as a download from various sources. Try www.orionbooks.co.uk . Or borrow it from 01263 768063 (Ruth). Good reading for Lent.

THANKS for generous donations recently received from readers in Aldborough and Erpingham.

THE NEXT ISSUE Copy please by **Monday, 11th February**.

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